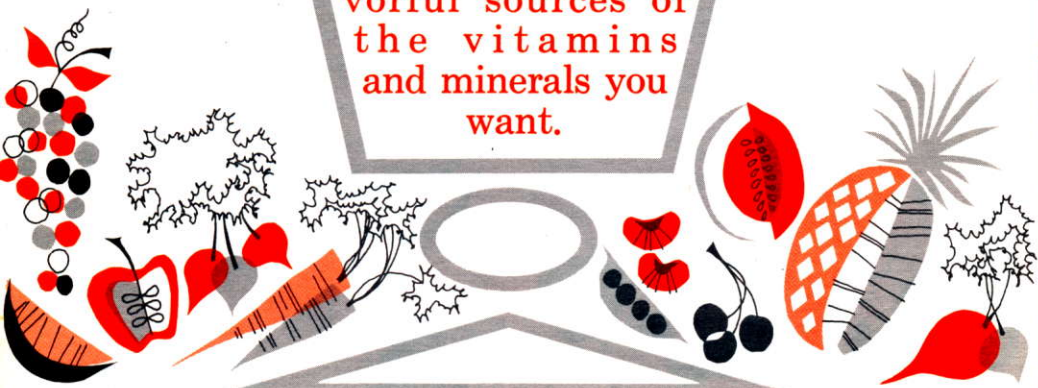




VITAMIN rich
refreshments

For the most pleasant way to get the valuable nutrients you need each day look to Vitamin-Rich Refreshments from fresh fruits and vegetables.

Start with the refreshment recipes in this folder. You'll enjoy each one. And soon you'll be creating your own fruit and vegetable beverages. It's so easy. Just let your imagination be your guide as you select and blend, from the tables in this folder, Nature's most flavorful sources of the vitamins and minerals you want.



VEGETABLE JUICES —
Season with a dash of
salt to bring up the flavor.

VITA ZIP
2 parts beets
1 part celery

VEGETABLE COCKTAIL
Equal parts of
carrot
celery
radishes
parsley
tomatoes

TASTE TEASER
6 parts cabbage
1 part carrots

Vegetable Juices



To enjoy these fresh juices *conveniently* each day call on the Juicer Attachment to the Osterizer. It automatically ejects the bothersome pulp that just collects in ordinary juicers. And it's simple to use . . . there's just one moving part.

The Oster Juicer quickly extracts the natural juice from fruits and vegetables that cannot practically be juiced by hand . . . even leafy varieties . . . including:



apples



radishes



rhubarb



carrots



spinach



and



celery



beets



pineapple



grapes



parsley



cabbage.

The Oster Juicer is simple to clean, too — no cracks or crevices. Also it's so compact that you can store it right at hand on the kitchen counter top.

Chrome and specially selected plastics are used to protect the juice's goodness and flavor.

Make Vitamin-Rich Refreshments a *reality* in your home. Enlist the aid of the Oster Juicer.



FRUIT JUICES —
 Serve fruit combinations
 in tall glass
 filled with ice.

BLUSHING APPLE COCKTAIL

2 parts apples
 1 part strawberries

GOLDEN NECTAR

2 parts peaches
 1 part cantaloupe
 1 orange

FRUIT MEDLEY

Equal parts of apricots,
 apples, peaches, cantaloupe

VELVET FRUIT NECTAR

Equal parts of apricots,
 peaches, strawberries

FRUIT JUICES



Vitamins	Needed for	Most plentiful in these fruits and vegetables
Vitamin A	Needed for: normal growth, smooth, soft skin, healthy lining of body cavities and glands; strong bones and teeth, steady nerves; vision in semidarkness.	Green vegetables (thin leaves); yellow vegetables and fruits, prunes.
Vitamin B Complex	Needed for: growth; healthy appetite; good digestion; normal functioning of nerves, heart, circulatory system; prevention of fatigue; healthy skin.	Kale, broccoli, cabbage, cantaloupe, grapefruit and strawberries.
Vitamin C	Needed for: growth, healthy bones, teeth, gums; blood regeneration; tissue respiration; healing of wounds; resistance to infections.	Fresh fruits and vegetables; citrus fruits, strawberries, tomatoes, cantaloupe, pineapple, berries, rhubarb, peppers, rutabaga, kohlrabi, greens, kale, and cabbage.
Vitamin D	Needed for: growth, strong bones and teeth; use of calcium and phosphorus.	Sunshine — and fish-liver oils mixed with juice combinations for finer flavor.
Vitamin E	May aid in reproduction and functioning of pituitary and thyroid glands.	Greens.
Vitamin K	Normal clotting of blood and prevention of hemorrhage.	Greens, carrots, kale, cabbage, tomatoes.

John Oster

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